


Menu and Patient Meals Service Guide Week 3

HILLINGDON &
MOUNT VERNON
HOSPITAL

Patient Information

This menu guide booklet contains information on the food and beverage services we offer to our patients. We know it is important to you as a patient to have good quality, nutritious food to assist you with your recovery; therefore all of the dishes we offer have been reviewed by our Trust Dietitians and Speech and Language Therapists.

We offer a range of condiments to enable you to season your meals to your personal preference.

If you have been advised to reduce your salt intake the meal  (Healthy Option) is an appropriate option.

Dietetic Service

The hospital offers a dietetic service to patients whose medical condition necessitates a special diet. If you are placed on a special diet while in hospital you may be referred to a Dietitian or Speech and Language Therapist who will advise you on the food you are able to eat. Part of your treatment may include Texture Modified meals and extra nourishing snacks to assist you in your recovery.

24 Hours Service

If you miss a meal or need to eat outside of meal times a snack box is available.

These contain: A choice of sandwich, fruit, yoghurt, biscuits and juice drink. Light snacks such as bread, soup, cereals and fresh fruit are also available.

Menu

Our full range of menus are detailed in this menu guide. You will be able to choose from a daily menu including allergen free meals, smaller energy dense dishes, and a range of menus suited to religious or cultural needs. A finger food and jacket potato menu is also available on request.

All dishes are nutritionally coded to enable you to make an informed choice. The diet codes are explained daily throughout the menu.

Further information regarding food allergens is available upon request; please ask a member of the ward team for details.

If you have a more specialised diet please ensure the ward staff are made aware on your admission.

Breakfast

Breakfast is available each morning; the full breakfast offer is included in this booklet.

Beverages

A choice of hot and cold drinks will be offered to you throughout the day. A fresh supply of drinking water is always available.

You can choose from a range of:

- Tea/herbal/fruit
- Coffee/decaffeinated coffee
- Hot chocolate
- Malt drink
- Cup-a-soup
- Fruit squash

Snacks

A range of snacks are available to accompany your beverages throughout the day, such as fresh fruit, cakes, biscuits and yoghurts.









Taking your meal orders

The housekeeper will serve breakfast and beverages and take your meal order for lunch and dinner. A member of the ward staff will assist with your menu choice if needed.

Protected Meal Times

The hospital supports protected meal times on the wards, which means that patient's meals should not be interrupted by an examination or consultation. Although the ward is closed to general visitors, family members or carers who wish to help at mealtimes are encouraged and are welcome to remain with the patient during mealtimes.

Diet Coding Key:

-  **Healthy Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.
-  **Energy Dense.** These dishes are particularly high in energy.
-  **Softer.** These dishes are easier to chew and can be eaten using one hand.
-  **Gluten Free.** Suitable for those with Coeliac Disease.
-  **Vegetarian.** Suitable for vegetarians.
-  **Vegans.** Suitable for vegans.

Meals Times

Meals are generally served at the following times:

Breakfast from 7.30am

Lunch from 12.30pm

Evening Meals form 5.00pm

The housekeeper works with the ward team to ensure your dietary needs are met.

If you have any special requirements or concerns please contact one of the team.

**Further information regarding food allergens is available upon request:
Please ask a member of the ward team for details.**

Breakfast

served from 7.30am

Breakfast is available each morning which includes a hot beverage and a juice, a selection of cereals including porridge, bread, a breakfast roll with butter/spread and a selection of preserves.

Please complete your breakfast order sheet, you may choose from the following options:

Fruit Juice



A choice of Apple or Orange



Cereal

Please choose one of the following options: These will be served with milk, unless otherwise requested:

Cornflakes  

Weetabix  

Rice Krispies  

Bran Flakes  

Porridge  

Bread & Rolls



Served with butter or spread and a choice of preserves

White Bread 

Brown Bread 



White or brown breakfast roll 



Assorted Jam: Strawberry, Blackcurrant, Raspberry  

Marmalade  

Honey  

Marmite  

Strawberry Jam (energy reduced with sweeteners)  

Marmalade (energy reduced with sweeteners)  

Beverages

Tea

Coffee

Herbal Teas

Decaffeinated Coffee

Hot Chocolate

Starters

Pea & Ham Soup

S GF

A smooth creamy soup made with peas, potatoes, onion, gammon, cream and bacon.

Mains

Beef Bolognese with Pasta

♥ S

Penne served with a tomato bolognese sauce.

Chicken Breast in Mushrooms, Mustard & Tarragon Sauce

♥ GF

Steam roasted chicken in a creamy mustard and tarragon sauce with mushrooms.

Fish in Cheese Sauce

S ♥ GF

White fish in a creamy cheese sauce.

Tomato, Cheese & Onion Quiche

V ED

Short crust pastry filled with classic cheese, onion quiche filling.

Sides

Mashed Potatoes

S V GF

Mashed Root Vegetables

♥ S V VG GF

Sautè Potatoes

GF V VG

Sweetcorn

♥ V VG GF

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Mixed Fruit Pie (HOT)

ED V VG

A mixture of plum, blackcurrants and apple enclosed in a sweet shortcrust pastry.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Cheesecake S V

Soya Dessert V ♥ S VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection ♥ V VG

Fruit in Natural Juice ♥ S V VG

Yogurt ♥ S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) ♥ S

♥ Health Option. These dishes are also suitable for people with diabetes and those requiring less fat and salt.

ED Energy Dense. These dishes are particularly high in energy.

S Softer. These dishes are easier to chew and can be eaten using one hand.

Please choose one item from each course for lunch and supper.

Supper

Starters

Mushroom Soup

Mushroom soup with cream, seasoned with thyme and garlic.

Mains

Chicken & Broccoli Bake



Tender diced chicken and broccoli in a white sauce topped with a golden crumble.

Fish Goujons



Fish lightly coated in breadcrumbs.

Cheese and Tomato Omelette

Fluffy omelette filled with cheese and tomato.

Vegetable Crumble

Colourful vegetables in a creamy sauce under a cheesy crumble topping.

Sides

West Country Cheddar Mash

Sliced Carrots

Sautè Potatoes

Mixed Vegetables

Salads

A selection of freshly prepared salads are available

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Desserts

Bread & Butter Pudding(HOT)

Layers of bread, marmalade and mixed fruit, topped with egg custard.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  
Strawberry Cheesecake  

Soya Dessert    
(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection   

Fruit in Natural Juice    

Yogurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

 **Vegetarian.** Suitable for vegetarians.

 **Vegan.** Suitable for Vegans.

 **Gluten Free.** Suitable for those with Coeliac Disease.

Starters

Leek & Potato Soup



Potato and leek soup with a parsley seasoning.

Mains

Sliced Gammon and Pineapple



Tasty slices of gammon with pineapple and a sweet sauce.

Lancashire Hotpot



A delicious lamb and vegetable casserole topped with sauté potatoes..

Chicken Tikka Masala



Chicken in a medium spiced tomato sauce.

Vegetable Lasagne



A vibrant mix of peppers, courgettes and mushrooms in a tomato sauce with a cheese sauce topping.

Sides

Mashed Potatoes



Carrot Tips



Yellow Basmati Rice



Peas



Salads

A selection of freshly prepared salads are available

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Desserts

Apricot Crumble (HOT)



A tasty apricot filling topped with golden crumble.

Hot puddings can be served with Custard

Blackcurrant Cheesecake

Strawberry Cheesecake

Soya Dessert

(chocolate or vanilla)

Ice-Cream

Fresh Fruit Selection

Fruit in Natural Juice

Yogurt

Cheese & Biscuits

Rice Pudding

Jelly (low sugar)

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Supper

Starters

Cream of Chicken Soup

S GF

Cream of chicken soup with carrots, leeks and thyme.

Mains

Shepherds Pie

GF S

Tender minced lamb cooked with vegetables and topped with mashed potatoes.

Quiche Lorraine

ED

Crisp shortcrust pastry encasing a light, tasty smoked ham and cheddar cheese filling.

Salmon Provençale

GF ♥

A fillet of salmon in a tangy tomato and vegetable sauce with a hint of brandy.

Vegetarian Sausage Casserole

V S

Tasty Vegetarian sausages, baked beans and vegetables in a slightly herby tomato sauce.

Sides

Mashed Potatoes

S V GF

Vegetable Medley

♥ V VG GF

Dauphinoise Potatoes

V VG GF

Mashed Root Vegetables

♥ V VG GF S

Salads

A selection of freshly prepared salads are available

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Desserts

Chocolate Sponge with Salted Caramel Sauce(HOT)

ED V S

A indulgent chocolate sponge topped with a salted caramel sauce.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Cheesecake S V

Soya Dessert V ♥ S VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection V ♥ VG

Fruit in Natural Juice S V VG ♥

Yogurt ♥ S V

Cheese & Biscuits V

Rice Pudding GF S V

Jelly (low sugar) ♥ S

V Vegetarian. Suitable for vegetarians.

VG Vegan. Suitable for Vegans.

GF Gluten Free. Suitable for those with Coeliac Disease.

Starters

Mushroom Soup

Mushroom soup with cream, seasoned with thyme and garlic.

Mains

Sweet & Sour Chicken

Chicken Breast pieces in a tangy sweet and sour sauce with pineapple chunks and diced peppers.

Steak & Kidney Pie



Stewing Steak and Kidney braised in beef stock and red wine topped with a light short crust pastry.

Salmon Crumble

Diced salmon in a delicate cheese sauce topped with a crunchy crumble topping.

Bean Chilli

Red kidney beans, borlotti beans, haricot beans and lentils in a chilli sauce.

Sides

Mashed Potato

Cabbage

Vegetable Rice

Broccoli

Salads

A selection of freshly prepared salads are available

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Desserts

Plum & Cherry Pie (HOT)

Fruity plums and cherries in sweet pastry.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Cheesecake  

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  


Fresh Fruit Selection   


Fruit in Natural Juice    

Yogurt   


Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

 **Health Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.

 **Energy Dense.** These dishes are particularly high in energy.

 **Softer.** These dishes are easier to chew and can be eaten using one hand.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Tomato, Red Pepper & Lentil Soup

Red lentil soup seasoned with basil, garlic and thyme.

Mains

Pork with Sage Stuffing in Gravy

Pork loin with sage stuffing in gravy.

Potato Topped Chicken Pie

Tender pieces of chicken in a creamy sauce topped with mashed potatoes.

Cod In Parsley Sauce

Cod portions in a creamy parsley sauce.

Vegetarian Tikka Masala

Quorn pieces in a Tikka Masala style curry sauce.

Sides

Mashed Potato

Brussels Sprouts

White Rice

Leeks In Cheese Sauce

Salads

A selection of freshly prepared salads are available

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Desserts

Bakewell Tart (HOT)

Pastry case layered with raspberry, plum and apple jam and almond flavour sponge.

Hot puddings can be served with Custard

Blackcurrant Cheesecake
Strawberry Cheesecake

Soya Dessert (chocolate or vanilla)

Ice-Cream

Fresh Fruit Selection

Fruit in Natural Juice

Yogurt

Cheese & Biscuits

Rice Pudding

Jelly (low sugar)

V Vegetarian. Suitable for vegetarians.

VG Vegan. Suitable for Vegans.

GF Gluten Free. Suitable for those with Coeliac Disease.

Starters

Vegetable Soup

A Vegetable soup made with haricot beans, peas, carrot, swede, and green beans.

Mains

Sausage Casserole



Succulent sausages and beans in a tomato sauce flavoured with thyme, black pepper and garlic.

Chicken Breast in Tomato & Basil Sauce

Chicken in a rich tomato and herb infusion.

Corned Beef Hash

Corned Beef and potato covered with a crunchy rosti topping.

Cheese Flan

Shortcrust pastry filled with a light fluffy cheese filling.

Sides

Mashed Potato

Mashed Swede

Potato Wedges

Sweetcorn

Salads

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Desserts

Sticky Toffee Pudding (HOT)

A vanilla flavour sponge with dates and toffee sauce.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake

Strawberry Cheesecake

Soya Dessert

(chocolate or vanilla)

Ice-Cream  

Fresh Fruit Selection   


Fruit in Natural Juice    

Yogurt   


Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

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Supper

Starters

Red Lentil Broth

Red lentil and root vegetables combined to give a tasty start to any meal.

Mains

Savoury Minced Lamb

Full flavoured lamb mince with tomatoes, onions and carrots.

Steak Slice



Steak pieces and rich gravy in puff pastry.

Pasta Carbonara

Penne pasta with ham and chicken in a creamy carbonara sauce with mushrooms.

Moroccan Bean Casserole

Mixed beans in a fruity, lightly spiced tomato sauce.

Sides

Mashed Potato

Broccoli

Croquette Potatoes

Carrot Tips

Salads

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Desserts

Summer Fruit Crumble (HOT)

Apples, blackcurrants and plums topped with crumble.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake

Strawberry Cheesecake

Soya Dessert

(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection   

Fruit in Natural Juice    

Yogurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

 **Vegetarian.** Suitable for vegetarians.

 **Vegan.** Suitable for Vegans.

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Starters

Pea & Ham Soup

S GF

A warm and meaty soup with peas and ham.

Mains

Breaded Haddock

♥

Haddock in a crispy breadcrumbs.

Lamb Casserole

S

Lamb and a selection of root vegetables in a herby sauce.

Beef Lasagne

GF S

A ragu of beef, tomatoes and herbs layered with soft pasta and a cheddar cheese sauce.

Cauliflower, Spinach & Lentil Curry

ED V

Cauliflower florets in a tasty spinach, lentil & coconut curry sauce.

Sides

Mashed Potato

S V GF

Vegetable Rice

V VG GF

Mushy Peas

GF V VG S

Oven Chips

V VG GF

Broccoli

♥ V VG GF S

Salads

A selection of freshly prepared salads are available

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Desserts

Rhubarb Crumble (HOT)

ED V VG

Rhubarb topped with a golden crumble.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Cheesecake S V

Soya Dessert ♥ S V VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection ♥ V VG

Fruit in Natural Juice ♥ S V VG

Yogurt ♥ S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) ♥ S

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Supper

Starters

Mushroom Soup

S **V** **GF**

Mushroom soup with cream, seasoned with thyme and garlic.

Mains

Braised Steak & Mushrooms

GF **♥**

Tender diced beef stewed with mushrooms and root vegetables.

Sausage Casserole

ED

Succulent sausages and beans in a tomato sauce flavoured with thyme, black pepper and garlic.

Chicken Korma

GF

Diced chicken in a spiced creamy coconut sauce.

Potato Cheese & Leek Bake

GF **V** **S**

Sliced potatoes and leeks in a cheese sauce topped with rosti potato and grated cheese.

Sides

Mashed Potato

S **V** **GF**

Mashed Root Vegetables

♥ **V** **VG** **GF** **S**

White Rice

V **VG** **GF**

Minted Summer Vegetables

V **VG** **GF**

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Apple Pie (HOT)

ED **V** **VG**

Apples in sweet pastry.

Hot puddings can be served with Custard **S** **V** **GF**

Blackcurrant Cheesecake **S** **V**

Strawberry Cheesecake **S** **V**

Soya Dessert **♥** **S** **V** **VG**

(chocolate or vanilla)

Ice-Cream **S** **V**

Fresh Fruit Selection **♥** **V** **VG**

Fruit in Natural Juice **♥** **S** **V** **VG**

Yogurt **♥** **S** **V**

Cheese & Biscuits **V**

Rice Pudding **S** **V** **GF**

Jelly (low sugar) **♥** **S**

Starters

Leek & Potato Soup

A classic smooth and creamy vegetable soup.

Mains

Lamb Grill Steaks in Minted Gravy

Lamb grill steaks in tasty mint gravy.

Chicken, Cheese & Bacon Bake

Tender pieces of chicken and bacon in a rich creamy cheesy sauce topped with sliced potatoes.

Tuna Pasta Bake

Penne pasta with tuna, sweetcorn, peas, leeks and onion in a creamy cheese sauce.

Cheese and Tomato Omelette

Fluffy omelette filled with cheese and tomato.

Sides

Mashed Potato

Sweetcorn

Boiled Potatoes

Cauliflower

Salads

A selection of freshly prepared salads are available

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A selection of freshly prepared sandwiches are available

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Desserts

Somerset Apple Cake (HOT)

Apples, plums and Blackcurrant filing with a sweet pie pasty crust.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Cheesecake  

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  

Fresh Fruit Selection   


Fruit in Natural Juice    

Yogurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

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 **Energy Dense.** These dishes are particularly high in energy.

 **Softer.** These dishes are easier to chew and can be eaten using one hand.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Cream of Chicken Soup

Cream of chicken soup with carrots, leeks and thyme.

Mains

Beef Stroganoff

Tender beef cooked with mushrooms in a cream and white wine sauce.

Fish Goujons



Fish pieces covered in golden breadcrumbs.

Pasta Carbonara

Penne pasta with ham and chicken in a creamy carbonara sauce with mushrooms.

Mushroom Leek & Pepper Roast

Tasty vegetarian Roast.

Sides

Mashed Potato

Broccoli

Potato Wedges

Mixed Vegetables

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Sticky Toffee Pudding (HOT)

A vanilla flavour sponge with dates and toffee sauce.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Cheesecake  

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection   

Fruit in Natural Juice    

Yogurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

Tomato Soup

A classic smooth and creamy vegetable soup full of flavour.

Mains

Roast Beef In Gravy

Tender roast beef in a rich beef gravy.

Chicken Breast in Mustard Mushroom & Tarragon Sauce

Chicken breast cooked in a mustard and tarragon sauce.

Potato Topped Bacon Pie

Chopped bacon, butter beans and vegetables in a creamy sauce topped with mashed potatoes.

Pasta in Cheese Sauce

Cooked macaroni in cheese sauce with grilled peppers, broccoli and mushrooms.

Sides

Mashed Potato

Sliced Carrots

Yorkshire Pudding



Roast Potatoes

Green Beans

Salads

A selection of freshly prepared salads are available

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Desserts

Clotted Cream Rice Pudding (HOT)

Rice pudding made with Clotted Cream.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Cheesecake  

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  

Fresh Fruit Selection   


Fruit in Natural Juice    

Yogurt   


Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

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 **Softer.** These dishes are easier to chew and can be eaten using one hand.

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Supper

Starters

Vegetable Soup

A creamy soup flavoured with onions and leeks.

Mains

Chicken Curry

Chunks of chicken cooked in a full-flavoured, mildly-spiced sauce with apple, sultanas and mango chutney.

Cod In Parsley Sauce

Cod portions in a creamy parsley sauce.

Ham & Leek Crumble



Diced ham in a leek sauce topped with a cheesy toasted crumble.

Pasta In Tomato & Basil Sauce

Penne Pasta in Tomato & Basil Sauce.

Sides

Mashed Potato

Leeks In Cheese Sauce

Croquette Potatoes

Peas

Salads

A selection of freshly prepared salads are available

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Desserts

Apple Crumble (HOT)

Apples, plums and Blackcurrant filling with a sweet pie pasty crust.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Cheesecake  

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection   

Fruit in Natural Juice    

Yogurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

Daily Salad Range



Egg & Tuna Nicoise Salad GF

Boiled egg, tuna, potatoes, black olives, mixed leaf salad, tomato, onions, green beans.

Smoked Chicken Caesar Salad

Smoked diced chicken, assorted lettuce leaves, cucumber, tomato, cress, caesar salad dressing with a bread roll and spread.



Traditional Ham Salad GF ED

Mixed leaf salad, potato salad, egg, coleslaw, ham, cucumber, tomato, cress, beetroot.



Ploughman's Salad ED V

Assorted cheese portions, baby gem lettuce, pickled onions, tomato, cress, red onion slices, branston pickle, bread roll with spread.



Italian 5 Bean Pasta Salad ED V VG

Mixed Leaf salad, mixed Italian 5 beans, pasta salad, sliced green beans, diced red & green peppers.



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Sandwich Selection

With the choice of white or wholemeal bread:

Chicken

Chicken Tikka 
Chicken Mayonnaise

Fish

Tuna Mayonnaise & Cucumber
Tuna Mayonnaise 



Pork



Ham & Tomato
Simply Ham

Beef

Corned Beef

Vegetarian

Cheddar Cheese & Tomato 
Cheese Savoury 

Egg Mayonnaise  
Cheddar Cheese

Smaller Energy Dense Meals

Mains

Corned Beef Hash

A tasty dish made with corned beef, onions, peas and potatoes.

Lamb & Potato Curry

Lamb cooked in mild spices with coconut, tomatoes and diced potato, served with coriander rice.

Pasta Carbonara

Penne pasta with succulent pieces of chicken and ham in a creamy carbonara sauce with mushrooms.

Ham & Leek Bake

Chunks of ham in a leek sauce topped with fried diced potatoes.

Salmon Bake

Salmon and peas in a white sauce topped with diced potatoes.

Cheese & Potato Bake

Broccoli in a cheese sauce with onion, topped with fried diced potatoes.

Allergen Free Meals

Mains

Steak & Mushroom Casserole

GF

Tender chunks of steak and mushroom in a rich sauce, served with skin on potatoes, green beans and sliced carrots.

Chicken, Bacon & Thyme Hotpot

GF

Chicken and bacon in a thyme gravy, topped with sauté potatoes, served with broccoli, peas, green beans and mashed carrot & swede.

Provençale Vegetable Bake

GF

V

VG

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, served with green beans, peas and broccoli.

Spicy Bean Casserole

GF

V

VG

A mild three bean casserole in a fruity tomato sauce with peppers, served with potato wedges and broccoli, peas and sweetcorn.

Lamb Tagine

GF

Pieces of lamb in a spicy, fruity Moroccan style sauce, served with yellow rice, green beans, peas and carrot tips.

Pork in Gravy

GF

Three slices of pork shoulder in a tasty gravy, served with roast potatoes, diced carrots and peas.

Butternut Squash & Red Lentil Curry

GF

V

VG

Served with yellow rice.

Cultural Choices

Halal Mains

Chicken Dal with Kadai Vegetables & Saag Pulao ^{GF}

Chicken cooked with lentils & mixed vegetables with spinach rice.

Chicken Pepper & Whole Moong Dal with Jeera Rice ^{GF}

Diced chicken with mixed peppers & whole green lentils with cumin rice.

Mutton Red Kidney Beans & Alu Matar with Basmati Rice ^{GF}

Minced mutton – red kidney beans & peas potatoes with basmati rice.

Keema Alu & Whole Moong Dal with Jeera Rice ^{GF}

Minced lamb with potatoes & whole moong dal with cumin rice.

Chicken Tikka Masala & Rajasthani Dal with Saffron Rice ^{GF}

Chicken cooked in tandoori sauce & lentils with saffron rice.

Chicken Coconut & Mixed Dal with Basmati Rice ^{GF}

Chicken cooked with coconut & mixed dal with plain basmati rice.

Minced Mutton - Cabbage & Split Masoor with Saag Pulao ^{GF} ^{ED}

Minced mutton cooked with cabbage & split red lentils with spinach rice.

Karai Gosht & Teen Dal with Jeera Rice ^{GF}

Lamb cooked with capsicums in tomato sauce & mixed lentils with cumin rice.



Health Option. These dishes are also suitable for people with diabetes and those requiring less fat and salt.

ED Energy Dense. These dishes are particularly high in energy.

S Softer. These dishes are easier to chew and can be eaten using one hand.

Cultural Choices

Halal Vegetarian Mains

Alu Brinjal Peas with Chana Dal & Plain Basmati Rice

Aubergine, peas & potatoes & split chickpeas, with plain basmati rice.

Mixed Capsicum Potato with Whole Moong Dal & Jeera Rice

Mixed peppers, potatoes & whole green lentils with cumin rice.

Tindoora with Whole Moong Dal with Basmati Rice

Ivy gourd with whole moong dal and basmati rice.

Alu Gobi & Rajasthani Dal with Saffron Rice

Cauliflower, peas & potato & mixed lentils with saffron rice.

Alu Gobi with Kadhi & Khichadi

Cauliflower – potato with yoghurt curry and rice - lentils.

Aubergine Potato with Kadhi & Khichadi

Aubergine potatoes with yoghurt curry and rice - lentils.

Cultural Choices

Caribbean & West Indian

Brown Stew Chicken

With rice and red kidney beans.

Jerk Chicken

With rice and red kidney beans.

Ackees, Saltfish

With Yam & Sweet Potato.

Mutton Curry

With white rice.

Spicy Fried Chicken

With rice and red kidney beans.

Cultural Choices

Kosher Meals

Roast Chicken

Served with parisienne potatoes and mixed vegetables.

Sliced Beef ED

Served with rice pilaff and green beans.

Spaghetti Neopolitan V

Served with green beans and glazed carrots.

Chicken Schnitzel ED

Served with sauté potatoes and sauerkraut.

Shepherds Pie

Served with sauerkraut, peas and carrots.

Tomato Omelette V

Served with Parisienne potatoes and green beans.

Kosher Desserts

Honey Cake V

Apple Strudel V

HILLINGDON & MOUNT VERNON HOSPITAL

Trust Managed Restaurants

Mount Vernon Hospital

The Oak Tree Café & Restaurant



Enjoy the chef's selection of hot meals and snacks with plenty of seating. Located on the ground floor, main building.

'The Café' at Mount Vernon Treatment Centre and Maternity block, Hillingdon

Proud to serve Costa Coffee range and a selection of snacks, sandwiches, wraps and confectionary.



Hillingdon Hospital



Enjoy the chef's selection of hot meals and snacks with plenty of seating.

Take a moment to relax with a quality cup of tea or coffee in comfort.

Located on lower ground floor.

The Hillingdon Hospitals **NHS**

NHS Foundation Trust

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